

EAT SKINNER'S
THE BEST
MACARONI



MY SIGNATURE
Paul Skinner
FOR EVERY PACKAGE

Labor Scarce in Coal Region.
So scarce is labor in the coal region that when Jacob Schoen of Pottsville, Pa., superintendent of highways, advertised for men for work on the streets, the only reply he got was from a man eighty-two years of age.

One Exception.
"I like a man who will handle anything without gloves."
"How about live electric wires?"

Nashville, Tenn., Commercial club has opened new headquarters building.

A Medicine for Women

For Forty Years Lydia E. Pinkham's Vegetable Compound has Relieved the Sufferings of Women.

It hardly seems possible that there is a woman in this country who continues to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial after all the evidence that is continually being published, proving beyond contradiction that this grand old medicine has relieved more suffering among women than any other medicine in the world.

Mrs. Kieso Cured After Seven Months' Illness.



Aurora, Ill.—"For seven long months I suffered from a female trouble, with severe pains in my back and sides until I became so weak I could hardly walk from chair to chair, and got so nervous I would jump at the slightest noise. I was entirely unfit to do my housework, I was giving up hope of ever being well, when my sister asked me to try Lydia E. Pinkham's Vegetable Compound. I took six bottles and today I am a healthy woman able to do my own housework. I wish every suffering woman would try Lydia E. Pinkham's Vegetable Compound, and find out for herself how good it is."—Mrs. KARL A. KIESO, 596 North Ave., Aurora, Ill.

Could Hardly Get Off Her Bed.

Cincinnati, Ohio.—"I want you to know the good Lydia E. Pinkham's Vegetable Compound has done for me. I was in such bad health from female troubles that I could hardly get off my bed. I had been doctoring for a long time and my mother said, 'I want you to try Lydia E. Pinkham's Vegetable Compound.' So I did, and it has certainly made me a well woman. I am able to do my housework and am so happy as I never expected to go around the way I do again, and I want others to know what Lydia E. Pinkham's Vegetable Compound has done for me."—Mrs. JOSIE CORNER, 1668 Harrison Ave., Fairmount, Cincinnati, Ohio.

If you want special advice write to Lydia E. Pinkham Medicine Co. (Confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

DR. TUTT'S LIVER PILLS FOR LIVER ILLS

What Constipation Means

It means a miserable condition of ill health that leads to all sorts of special ailments such as headache, backache, dyspepsia, dizziness, indigestion, pains of various kinds, piles and numerous other disorders. **CONSTIPATION** is a crime against nature, and no human being can be well for any length of time while constipated. **DR. TUTT'S LIVER PILLS** is the remedy and has been used successfully all over this country for 72 years. Get a box and see how it feels to have your liver and bowels resume their health-giving natural functions. For sale at all druggists and dealers everywhere.

Dr. Tutt's Liver Pills



Puts a ... Distemper
Stop to all
CURES THE SICK

And prevents others having the disease no matter how exposed. 50 cents and \$1 a bottle, 35 and \$10 a dozen bottles. All good druggists and turf goods houses.

Spohn Medical Co., Manufacturers, Goshen, Ind., U.S.A.

Ducks Poisoned.
The biological survey has found that a number of ducks around Great Salt Lake, Utah, were suffering from lead poisoning as a result of swallowing the shot present in large quantities about the shooting stations and blinds.

This Will Interest Mothers.
Mother Gray's Sweet Powders for Children for Feverishness, Headache, Bad Stomach, Teething Disorders, move and regulate the bowels and destroy worms. They break up Colds in 24 hours. They are so pleasant to take children like them. Used by mothers for 30 years. All Druggists, etc. Sample FREE. Address, Mother Gray Co., Le Roy, N. Y.

The British Rifle.
The British rifle is the outcome of the South African war. It holds ten cartridges and is sighted from 200 to 2,800 yards.

A torpid liver condition prevents proper food assimilation. Tone up your liver with Wright's Indian Vegetable Pills. They act gently and surely. Adv.

Whale Possibilities.
Since one whale yielded 14,000 pounds of meat to an American whaler, says the Portland Oregonian, the man who owns a small pond ought to look into the industry. There might be money in whale venal.

CATARRH
For head or throat
Catarrh try the
vapor treatment
VICK'S VAPORUB

PARKER'S HAIR BALM
A toilet preparation of merit.
Helps to eradicate dandruff.
For Restoring Color and
Beauty to Gray or Faded Hair.
50c and \$1.00 at Druggists.

W. N. U., CINCINNATI, NO. 42-1917.

M. D. Spitzer asks \$10,000 because he ate a tack with some soup served him in a New York restaurant.

Don't Neglect Kidneys

Swamp-Root, Dr. Kilmer's Prescription, Overcomes Kidney Trouble

It is now conceded by physicians that the kidneys should have more attention as they control the other organs to a remarkable degree and do a tremendous amount of work in removing the poisons and waste matter from the system by filtering the blood.

The kidneys should receive some assistance when needed. We take less exercise, drink less water and often eat more rich, heavy food, thereby forcing the kidneys to do more work than nature intended. Evidence of kidney trouble, such as lame back, annoying bladder troubles, smarting or burning, brick-dust or sediment, sallow complexion, rheumatism, maybe weak or irregular heart action, warns you that your kidneys require help immediately to avoid more serious trouble.

An ideal herbal compound that has had most remarkable success as a kidney and bladder remedy is Dr. Kilmer's Swamp-Root. There is nothing else like it. It is Dr. Kilmer's prescription used in private practice and it is sure to benefit you. Get a bottle from your druggist. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper. Adv.

Youngstown, O., is to have a monument to David Tod, Civil war governor of Ohio.

When Your Eyes Need Care
Try Murine Eye Remedy
No Smarting—Just Eye Comfort. 50 cents at
Druggists or mail. Write for Free Eye Book.
MURINE EYE REMEDY CO., CHICAGO

Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

QUESTIONS FOR AMERICANS.

Here are a few of a long list of pertinent questions propounded by Senator Kenyon of Iowa during the debate in the United States senate on the prohibition amendment:

"Why do we prohibit the boys in the army and navy from having booze and permit those who remain at home to have it?"

"If liquor is a bad thing for the boys in the trenches, why is it a good thing for those at home?"

"When they are willing to die for us, should we not be willing to go dry for them?"

"When the food controller asks everyone in the country to conserve the food supply, why must the food supply going into beer be excepted?"

"If more foodstuff goes into beer than into whisky, why do we prevent foodstuff going into whisky and permit it going into beer?"

"Sixty per cent of the nation, territorially, is dry. Are not the feelings of the people living in that territory entitled to any consideration?"

"If the beer drinkers are going to rebel unless they get their beer, will the temperance people rebel unless they get prohibition?"

"Why do not the temperance people claim that they will rebel also? The temperance people will be for the nation no matter if beer and whisky be forced on them. Their patriotism does not depend on having their own way."

"If some one were to take as much foodstuff as goes into booze and dump it into the sea, what would the people of the nation say?"

"If someone should advance the argument that this was necessary in order to appease certain people who believed in dumping foodstuffs into the sea, and that if they did not do it it would arouse riots, would we accede to their request?"

PLENTY OF JOBS.

Peoria, Ill., was for half a century the whisky-manufacturing center of the United States. Its five great distilleries, the largest in the world, furnished 35 per cent of the whisky of the country. They used up 54,500 bushels of corn daily and employed 1,275 men. When these plants, on September 8, under the federal food control law, ceased operations—so far as the making of beverage liquor is concerned—did these 1,275 men face a jobless future? Not at all. Other manufacturers eagerly snapped them up. A leading business man of Peoria said to a Chicago reporter: "There is a place for every one of them in the tractor factories and other industries. We can use every ounce of coal the distilleries have been requiring and are glad to get it. Peoria will never know that the distilleries have been closed."

FIRST AID TO THE ENEMY.

The Baltimore Sun, an anti-prohibition journal, recently called attention to serious conditions in ship-building, due to drink. Work in many of the big shipyards is retarded, it says, because employees are "hanging about saloons and soaking run into their systems, and, as a result, either staying away from work for days at a time or turning up unfit to handle their part in the vast team-work of modern industry. They weaken the efficiency of the whole industrial machine."

Thus in America, as in England, the drink traffic is furnishing first aid to Germany. At the behests of the liquor interests our government is playing into the hands of the enemy.

CONSISTENT INCONSISTENCY.

Senator La Follette of Wisconsin, an opponent of prohibition, voted for the submission to the states of the prohibition amendment to the federal constitution. La Follette's Magazine explains the senator's apparent inconsistency thus:

"Senator La Follette said that while he was opposed to prohibition he recognized the right of the people to settle all questions by the referendum, and for that reason he voted for the resolution."

The action proclaims the Wisconsin senator loyal to the principles of true American democracy and we, the people, commend it to every senator and representative in congress.

NOW ALL'S CHANGED.

There was a time when it was a natural part of a soldier's existence to drink and carouse. That day is past with the soldier sworn to defend his country's flag and representing the power and dignity of the nation. Strong muscles, clear brains, high ideals in the soldier, increase the fighting efficiency of the army, and these qualities in the citizen insure the permanency of our institutions.—Maj. Gen. John L. Pershing.

GOOD LOGIC.

Dr. W. A. Evans in the Chicago Tribune tells of his interviews with soldiers and sailors on the subject of prohibition for army and navy. He finds that they "will stand for it" but object to being singled out. If they are to be under prohibition they want the other fellow to be under it. They say, "If prohibition promotes efficiency and health in an army, 'as you fellows say it does,' it also promotes them in the men who clerk, sell goods, work in factories, raise crops, argue in court, and practice medicine."

His Sensitive Soul.

George Challa, owner of a theater in Muncie, Ind., believes that the craving for passes to shows becomes a mania, and relates a case in point, according to the Indianapolis News. He had been besieged for weeks by a man for passes to shows in the theater, and two or three times, just to get rid of him, had passed him in, which only seemed to make him the more insistent the next time, although Challa was under no obligation to him. Finally the fellow struck Challa one day when the latter was suffering from the effects of a "poor house" the night before, and, exasperated, he reached down in his pocket and, handing the importuning one a dollar, said, "Go over there to the box office and buy yourself a ticket like other people do." Puffing up, his dignity ruffled and his feelings apparently hurt, the other replied, "What do you take me for—a cheap skate?" And then haughtily walked away—with Challa's dollar in his pocket.

A Unique Specimen.

We once knew a man 26 or 27 years ago who read the Congressional Record closely every day and he is still alive. Indeed, he afterward went to congress and settled there. Has anyone heard of another reader of the Congressional Record?—Columbia (S. C.) State.

RED FACES AND RED HANDS

Soothed and Healed by Cuticura—Sample Each Free by Mail.

Treatment for the face: On rising and retiring smear affected parts with Cuticura Ointment. Then wash off with Cuticura Soap and hot water. For the hands: Soak them in a hot lather of Cuticura Soap. Dry, and rub in Cuticura Ointment.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Wireless Air Raid Warning.

The London Daily Chronicle reports that Mr. Thorp Hincks has devised apparatus for giving warning of impending air raids. It is claimed to be especially applicable to factories and public buildings. An electric resonator is placed on the roof, and on the sound of a given pitch being produced, the resonator causes a bell to ring in the building until it is stopped. It is said that large areas, such for instance as the whole of a city, can be simultaneously and instantaneously warned.—Scientific American.

A DAGGER IN THE BACK

That's the woman's dread when she gets up in the morning to start the day's work. "Och! how my back aches." GOLD MEDAL Haarlem Oil Capsules taken today takes the backache of tomorrow—taken every day ends the backache for all time. Don't delay. What's the use of suffering? Begin taking GOLD MEDAL Haarlem Oil Capsules today and be relieved tomorrow. Take three or four every day and be permanently free from wrenching, distressing back pain. But be sure to get GOLD MEDAL. Since 1896 GOLD MEDAL Haarlem Oil has been the National Remedy of Holland, the Government of the Netherlands having granted a special charter authorizing its preparation and sale. The housewife of Holland would almost as soon be without bread as she would without her "Real Dutch Drops," as she quaintly calls GOLD MEDAL Haarlem Oil Capsules. This is the one reason why you will find the women and children of Holland so sturdy and robust.

GOLD MEDAL are the pure, original Haarlem Oil Capsules imported direct from the laboratories in Haarlem, Holland. But be sure to get GOLD MEDAL. Look for the name on every box. Sold by reliable druggists in sealed packages, three sizes. Money refunded if they do not help you. Accept only the GOLD MEDAL. All others are imitations. Adv.

An Expensive Incumbrance.

"Old Bostedy says he has a million dollar brain," observed the man who was always picking up information.

"He's quite right," answered the other; "it would cost him fully that much to find out what's the matter with it."

More Trouble for Censors.

New Thought leaders who are instructing the followers on how to "telematic" messages to soldiers in France are creating new difficulties for the censors.—Brooklyn Eagle.

Poverty is the one luxury the rich can't afford.

WRIGLEY'S



S. O. S.
Send Over Some
WRIGLEY'S

Keep your soldier or sailor boy supplied. Give him the lasting refreshment, the protection against thirst, the help to appetite and digestion afforded by Wrigley's.

It's an outstanding feature of the war—
"All the British Army is chewing it."

AFTER EVERY MEAL

The Flavor Lasts



Surprises in Housekeeping.

Mrs. Simpleton, having been a business girl, was a bit worried over the intricacies of housekeeping.

"I'm having such trouble keeping our food," she confided to her bosom friend, "I bought a real nice-looking refrigerator, but it doesn't seem to work well at all."

"Do you keep enough ice in it?"
"Ice!" gasped Mrs. Simpleton. "Ice! I hope you don't think, after spending all that money on a refrigerator, we'd go to the additional expense of buying ice!"

Why buy many bottles of other Vermifuges, when one bottle of Dr. Perry's "Dew Shot" will act surely and promptly? Adv.

She Studied Byron.

Mrs. Hawkins, who posed as a literary woman and professed a great admiration for Byron's works, had recently purchased a little dog and was showing him to a caller.

"What have you named him?" asked the caller.

"Perchance," was the reply.

"What a singular name for an animal!" commented the caller.

"I named him after Byron's dog," she explained. "Don't you remember the line in 'Childe Harold,' where the poet says, 'Perchance my dog?'"

Despite the Price.

"Perchance is sweet."
"All I know about revenge is this. There's less of it actually had than almost any commodity you can name."

Cleveland fire marshal recently ordered 20 fire-trap buildings demolished.

The Retort.

"Two wrongs don't make a right. Still!"

A senator was discussing the food control bill.

"While the bill has its drawbacks," he went on, "there would be worse drawbacks without it, and so we can face our opponents like the lady."

"My love," her husband said to this lady, "you spend all your money getting your palm read."

"She smiled sweetly."
"And you, dear," she retorted, "spend all yours getting your nose red."

How's This?

We offer \$100.00 for any case of CATARRH that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. Sold by druggists for over forty years. Price 50c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Honduras to Open Mint.
Silver coins being scarce in Honduras, that country is to reopen its mint, which has been closed a long time, and melt up and reduce in fineness 250,000 pesos, which will then make 500,000 pesos.

Pressed Steel for Autos.
Pressed steel is crowding out other materials—gray iron, malleable castings, wood, brass and aluminum—in the manufacture of automobiles.

Not on the Job.
Merchant—Don't open your grip.
Young Drummer—But I've forgotten what I'm selling.

A Letter From Washington

The Food Administrator Writes Us:

"The use of baking powder breads made of corn and other coarse flours instead of patent wheat flour is recommended by the Conservation Division of the Food Administration. The wheat needed for export is thus conserved, and at the same time healthful food for our own people is provided. The circulation of recipes providing for these uses would be of assistance in carrying out our plans."

The following recipes for Corn Bread and Rye Rolls save wheat flour and make attractive and wholesome food for every day when made with

ROYAL BAKING POWDER

CORN BREAD

1 1/2 cups corn meal
1 cup flour
1 level teaspoon Royal Baking Powder
1 tablespoon sugar
1 teaspoon salt
1 1/2 cups milk
3 tablespoons shortening

Mix thoroughly dry ingredients; add milk and melted shortening; beat well; pour into well greased pan and bake in hot oven about 25 minutes.

Our red, white and blue booklet "Best War Time Recipes" containing additional similar recipes sent free on request. Address Royal Baking Powder Company, Dept. W, 135 William Street, New York.

RYE ROLLS

2 cups rye flour
1/2 teaspoon salt
1 level teaspoon Royal Baking Powder
1/2 cup milk
1/2 cup shortening

Sift dry ingredients together; add milk and melted shortening. Knead on floured board; shape into rolls. Put into greased pans and allow to stand in warm place 10 to 15 minutes. Bake in moderate oven 25 to 30 minutes.